CLEAN VERSION OF CLAIMS

- 2. For a user having a toe and standing on a skate, a skate braking mechanism comprising:
 - a brake; and

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a lifter connected to the brake and pressable upward by the toe of the user to actuate the brake;

whereby the brake connected to the lifter is actuated according to a natural motion of the user to maintain balance.

- 3. The skate braking mechanism according to claim 2, wherein the lifter is pivoted to be moved upward by the toe.
 - 5. The skate braking mechanism according to claim 2, wherein the brake comprises a brake shoe coupled to the lifter, and wherein the brake shoe bears on at least one wheel of the skate when actuated.
- 6. The skate braking mechanism according to claim 5, wherein the brake shoe is directly coupled to the lifter.
- 8. For a user, having a toe, on a skate including at least one wheel: a skate brake actuated by dorsiflexion;

comprising a lifter moved upward by the dorsiflexion to actuate the skate brake; comprising a brake shoe coupled to the lifter, and wherein the brake shoe bears on at least the one wheel of the skate brake when actuated;

wherein the brake shoe is pivoted to rotate about an axle of another wheel, so as to bear against the one wheel.

- 9. The skate braking mechanism according to claim 5, wherein the brake shoe comprises fiber-reinforced elastomer.
- 11. The skate braking mechanism according to claim 9, wherein the elastomer comprises urethane.

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- 12. The skate braking mechanism according to claim 2, comprising a return spring counteracting an upward pressing motion of the toe.
- 13. The skate braking mechanism according to claim 2, wherein the lifter is positioned above the toe forward of metatarsals of the foot of the user.
 - 14. The skate braking mechanism according to claim 13, wherein the lifter is pivoted to be moved upward by the toe.
 - 15. The skate braking mechanism according to claim 14, wherein the lifter is pivoted about a pivot axis adjacent to a joint between a metatarsal and a phalanx of the toe.
- 16. For a user having a toe and standing on a skate, a skate braking mechanism comprising:
 a brake; and
 means for actuating the brake by pressing upward the toe of the user.
 - 17. The skate braking mechanism according to claim 2, wherein the brake comprises a brake shoe that is pivoted to rotate about an axle of a first wheel, so as to bear against a second wheel.